SALISBURY STATE UNIVERSITY

1997-98

WOMEN'S BASKETBALL

SEA GULLS

SSU at a glance

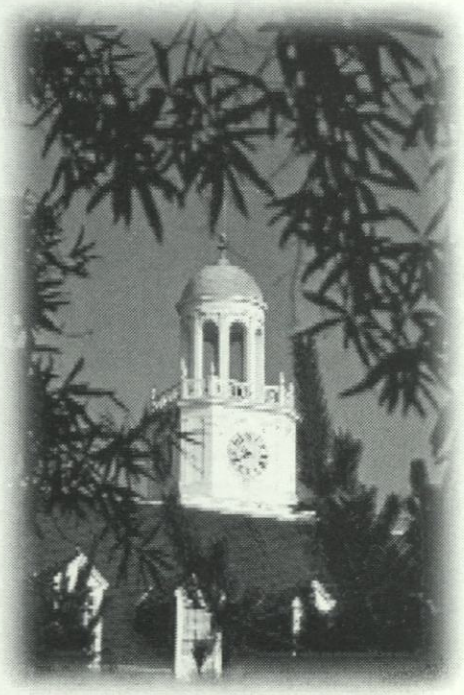
The resources of a University ...
6,000 students from 36 states and 50 foreign countries
29 undergraduate and 7 graduate programs
200 full-time tenure-track faculty, 85 percent with terminal degrees, including National Endowment for the Humanities scholars and Fulbright professors.
NCAA Division III Athletics, 9 men's, 10 women's intercollegiate teams; 22 intramural sports

... with small-school opportunities.
Approachable faculty (17:1 student/faculty ratio)
Honors program with dedicated faculty at the Bellavance Honors Center. Ten residence complexes including traditional, co-ed, suite and apartment styles.

The security of state support ...
1997-98 tuition, room, board and fees: $8,982 per year for Maryland residents; $12,734 per year out-of-state.
A library with over 800,000 volumes, periodicals, microforms and databases including word processing and computer labs. Access to collections throughout the country.

... with the benefits of private funding.
Altogether, SSU awards nearly $1 million in academic scholarships each year. More than $22 million in private endowments supports some of those scholarships and provides for some of the finest educational programs.

In an ideal–and idyllic–location:
Salisbury, MD, is 30 miles west of the Atlantic Ocean and Ocean City, MD, and 20 miles east of the Chesapeake Bay; 2 hours from Baltimore, Washington, D.C. and Wilmington, DE. The campus is 2 1/2 hours from Norfolk, VA, and Philadelphia, PA, and 4 1/2 hours from New York.



Come see us–in person, or in cyberspace. We'd love to see your smiling face, but if you can't get here, check out our Web site.
We're at **http://www.ssu.edu.**

SSU's campus is in an attractive, residential neighborhood of stately homes on sculpted lawns, less than one-half mile from the banks of the Wicomico River. The campus includes 34 buildings on 125 landscaped acres. Students walk from one end of campus to the other in about 5 minutes.

Head Coach Bridget Benshetler

Now in her eighth season as the Sea Gulls' head coach, Bridget Benshetler has guided the Salisbury State University women's program to its greatest accomplishments. Under her leadership, the Gulls have registered three consecutive winning seasons and earned two invitations to the NCAA Championship Tournament. Benshetler's teams have won 56 games over the last three seasons, including a school-record 21-7 mark and the first ever appearance in the NCAA Tournament in 1995.

SSU Coaching Victories
1 Mariuna Morrison
169-138 (20 yrs)
2 Bridget Benshetler
95-83 (7 yrs)
3 Gail Gladding
51-27 (3 yrs)
4 Alethea Whitney
50-18 (9 yrs)

In three seasons as a member of the Capital Athletic Conference, Salisbury State has won 32 of 42 regular season games and advanced to the CAC Tournament Championship game twice. In recognition of her efforts, Benshetler, who has a 95-83 career record, was named 1994-95 Coach of the Year in the Capital Athletic Conference.

A highly motivated and spirited coach, Benshetler brings an attitude of enthusiasm and energy to every Sea Gull game and practice. She is a firm believer in teaching the fundamentals of the game and constantly stresses hard work, attitude and togetherness to her squads. The Texas native also works hard in the offseason to promote women's basketball throughout the Eastern Shore, giving time to several clinics and camps designed specifically for girls in the region.

Prior to taking the reins at SSU in 1990, Benshetler initiated and piloted the women's basketball program at Penn State University, Delaware County. She also served as an assistant at West Chester University.

Benshetler is a 1986 graduate of Hofstra (NY) University, where she was a four-year member of the basketball team. She later earned her M.S. in health and physical education from West Chester University in 1990. In addition to her duties as head coach, Benshetler also serves as an instructor in SSU's Physical Education Department.

1997-98 Sea Gull Coaching Staff: seated (l-r) Pattiva McKean, Suzette Thom, Bridget Benshetler, Kelly Whitmore. Standing, Calvin Burrell (left) and Ed Clark.

1997-98 Season Outlook

Sea Gulls Hope to Challenge for Top CAC Honors

The Sea Gulls return five letterwinners and three starters from last year's 16-10 squad, which advanced to the semifinal round of the Capital Athletic Conference Tournament. Those players, in addition to a talented group of newcomers, should help the Gulls challenge for top honors in the CAC race again this year.

"Our new players fit in nicely with the returnees we have," said Head Coach **Bridget Benshetler**, now in her eighth season at SSU. "They all come from good high school programs that played our style of up-tempo basketball with man-to-man pressure defense."

The strength of this year's team appears to be the backcourt, where junior point guard **Amy Cooke** (7.8 ppg, 6.2 apg) and sophomore off-guard **Jessica Latour** (17.9 ppg) combine to form perhaps the most potent combination in the conference. Unfortunately, the tandem will not be at full strength until the second month of the season as Latour will miss the season's opening weeks while recovering from a knee injury. The loss is not insignificant, as Latour earned first-team all-conference honors as a freshman last year and tied the SSU single-game scoring record with 40 points in the team's final game.

"We hope to have Jessie back at full speed in January," said Benshetler. "We'll probably miss her scoring the most. She's our best outside threat and she's our go-to player. That's what we have to replace."

Sophomore **Shannon Noon** and freshman **Michelle Deschu** will likely fill her backcourt spot until she returns.

The front court is led by sophomore center **Jill Trout**, a returning starter coming off a strong freshman campaign in which she averaged 12.2 ppg and a team-high 6.5 rpg. Versatile sophomore **Katea Murray** (5'10), who averaged 4.5 ppg and 5.4 rpg as a reserve last year, will likely join Trout as a starter in the front court. A number of newcomers will also figure in the forward rotation, including 6'0 freshman **Lisa Neylan** and 5'11 freshman **Elisabeth Barfuss.**

"Katea looks stronger than she did last year," said Benshetler. "Neylan gives us added speed in the front court and is a good scorer from 12-feet and in. Barfuss is also excellent inside but strong on the wing as well."

Benshetler points to ball possession and good shooting as two of the keys to the team's success this year.

"We need to protect the ball and keep turnovers to a minimum," she said. "We also have to make our easy shots, which we'll get plenty of with our system."

The Sea Gulls, who finished among the national leaders in scoring last year at 82.9 ppg, will likely use a 10-player rotation in most games.

"The players coming off the bench need to contribute for us," Benshetler said. "We have lots of good people on that bench so depth should be an asset."

Defending CAC champion Marymount appears to be the conference favorite once again this season, but Benshetler predicts a closer chase for the title throughout an improving league.

"I think everybody in the CAC is getting better. Marymount may still be the team to beat, but there won't be any easy games."

Team Captains (left to right) Amy Cooke, Jill Trout, Jessica Latour

Players to Watch

Amy Cooke
Guard 5-6 Junior
East Windsor, NJ
A steady and consistent performer who can play either guard position...Will play primarily at the point guard spot this year...Returns for her third season as a starter...Has started all 54 games for the Gulls during her first two seasons...Led the Capital Athletic Conference in assists last year with 6.2/game...Also averaged 7.8 ppg...Finished tied for second in three-point field goals last season after leading the team in treys as a freshman...Serving her second season as a team captain.

Jessica Latour
Guard 5-7 Sophomore
Bricktown, NJ
Made an immediate impact as a freshman last year and earned all-Capital Athletic Conference first team honors...Led the Sea Gulls in scoring with a 17.9 ppg average, and was the team's top scorer in 13 games...Finished the year by tying the SSU single-game scoring record with 40 points against Gallaudet...Was chosen as the team's MVP...Also finished third on the squad in rebounds with 5.8/game...Has the ability to score off penetration or from the outside...Led the Gulls with 22 treys last year...A team captain this year.

Jill Trout
Center 6-1 Sophomore
Pottstown, PA
Joined Latour as an immediate starter as a freshman last year and made a significant impact to the team's success...Finished as SSU's leading rebounder with 6.0/game and registered the team's highest field goal percentage at 49.1%...Led the Gulls in rebounding in 10 games as a freshman...Scored a career-high 22 points against Goucher...Finished third on the team in scoring at 12.2 ppg...Joins Cooke and Latour as a team captain this year.

Elisabeth Barfuss
Forward 5-11 Freshman
Dale City, VA
A talented newcomer who should make her presence felt very quickly...Will likely find her way into the starting lineup right away...Has good strength and excellent conditioning...Also displays good quickness with the ability to play a number of different positions...A legitimate scorer who can produce points from both inside and outside... Will likely finish the season among the team's top scorers and rebounders.

Lisa Neylan
Center 6-0 Freshman
Trenton, NJ
Another newcomer who will fill a big role right away...Will provide the Gulls with another strong inside presence...Has outstanding speed and strength...A strong scoring threat from the post...Runs the floor very well for her size...Should finish among the team leaders in rebounding and blocked shots...Could also average in double-figures in scoring.

1997-98 Sea Gull Roster

No	Name	Pos	Yr	Hgt	Hometown	High School
10	Leann Karl	G	Fr	5-4	Selbyville, DE	Indian River
11	Shannon Noon	G	So	5-6	Millersville, MD	Arundel
12	Michele Deschu	G	Fr	5-5	Trenton, NJ	Hamilton
14	Melissa Benfield	G	Fr	5-6	Perkasie, PA	Pennridge
20	Amy Cooke	G	Jr	5-5	East Windsor, NJ	Notre Dame
21	Carrie Viel	F	Fr	5-10	Wilmington, DE	Mount Pleasant
22	Elisabeth Barfuss	F	Fr	5-11	Dale City, VA	Hylton
23	Erica Berndsen	G	Fr	5-5	Baltimore, MD	Woodlawn
25	Katea Murray	F	So	5-10	Bel Alton, MD	McDonough
32	Lisa Neylan	F	Fr	6-0	Trenton, NJ	Steinert
33	Jessica Latour	G	So	5-8	Bricktown, NJ	St. Rose
35	Jill Trout	C	So	6-1	Pottstown, PA	Pottsgrove
42	Joanne Clark	F	So	5-11	Boyds, MD	Poolesville

Head Coach – Bridget Benshetler, 8th year

Assistants – Suzette Thom, Calvin Burrell, Ed Clark, Pattiva McKean, Kelly Whitmore

Sea Gull Quick Facts

Location	Salisbury, MD
Founded	1925
Enrollment	6,000
President	Dr. William C. Merwin
Colors	Maroon and Gold
Nickname	Sea Gulls
Web Site	www.ssu.edu
Affiliation	NCAA Division III
Conference	Capital Athletic Conference (CAC)
Home Arena	Maggs Center
Capacity	2,000
Athletics Director	Dr. Michael P. Vienna
Athletics Dept. Phone	410-548-3503
Sports Information Director	G. Paul Ohanian
SID Phone	410-543-6016
SID Fax	410-543-6068
Head Coach	Bridget Benshetler
Alma Mater	Hofstra '86
Record at School, Years	95-83 (8th year)
Overall Record	Same
Coach's Phone	410-543-6003
Coach's E-mail	babenshetler@ssu.edu
Assistant Coaches	Suzette Thom, Calvin Burrell, Ed Clark, Pattiva McKean, Kelly Whitmore
1996-97 Record	16-10
Lettermen Returning/Lost	5/7
Starters Returning	3
Captains	Amy Cooke, Jessica Latour, Jill Trout

Team Records-Single Game

Most Points Scored	109 vs Coppin State	12-6-74
Fewest Points Allowed	12 vs Coppin State	12-6-74
(before 1974)	0 vs Villa Julie	3-3-62
Largest Margin of Victory	97 points vs Coppin State	12-6-74
Fewest Points Scored	33 vs Towson University	1-24-78
(before 1974)	12 vs Bridgewater	2-12-65
Most Field Goals Made	50 vs Coppin State	12-6-74
Best Field Goal Percentage	.621 vs Stockton State	2-22-86
Most Free Throws Made	33 vs Catholic	3-1-85
Most Free Throws Attempted	49 vs Catholic	3-1-85
Best Free Throw Percentage	.917 (11-12) vs Stockton State	2-22-86
Most 3-Point Field Goals Made	10 vs. West Chester	2-4-92
Most 3-Point Field Goals Attempted	34 vs York (PA)	2-21-89
Best 3-Point FG Percentage	.750 (6-8) vs Lebanon Valley	12-3-89
Most Rebounds	77 vs. Jersey City State	11-24-91
Most Assists	32 vs. Rutgers/Camden	2-19-86
Most Steals	39 vs. Jersey City State	11-24-91
Most Blocked Shots	9 vs. Frostburg State	1-21-86

The Recordbook

Individual Records

Most Points

Game	40	Dawn Webb vs. Shenandoah	1-28-89
	40	Jessica Latour vs. Gallaudet	2-26-97
Season	597	Dawn Webb	1988-89
Career	1503	Dawn Webb	1985-89

Most Rebounds

Game	32	Kim Roth vs. Lynchburg	12-16-93
Season	480	Dawn Webb	1988-89
Career	1329	Kim Roth	1991-95

Most Assists

Game	15	Vicki Miller vs. Lincoln	2-13-90
	15	Diana DeJesus vs. Rutgers/Camden	2-19-86
Season	209	Diana DeJesus	1985-86
Career	554	Diana DeJesus	1982-86

Most Field Goals Made

Game	17	Josie Harper vs. UMES	1-18-83
Season	239	Dawn Webb	1988-89
Career	620	Amy Fenzel	1991-96

Most Free Throws Made

Game	14	Sarah Jones vs. Kean	1-7-94
Season	118	Dawn Webb	1988-89
Career	326	Dawn Webb	1988-89

Most Three-Point Field Goals Made

Game	7	Gini McDowell vs. West Chester	2-3-92
	7	Jen Boone vs. Cabrini	1-25-92
Season	50	Sandy Jankevicius	1989-90
	49	Jen Boone	1991-92
Career	97	Christie Ivison	1987-91

Most Steals

Game	12	Vicki Miller vs. Shenandoah	1-16-91
	12	Jeannie Daly vs. Jersey City St.	11-24-91
Season	144	Vicki Miller	1990-91
Career	368	Vicki Miller	1987-91

Career Scoring Leaders

Name	Years Played	Points
1) Dawn Webb	1985-89	1503
2) Amy Fenzel	1991-96	1477
3) Kim Fiedler	1983-87	1456
4) Myra Sturgis	1984-88	1394
5t) Josie Harper	1979-83	1293
5t) Kim Roth	1991-95	1293
7) Jen Boone	1989-93	1210
8) Sandy Jankevicius	1986-90	1198
9) Gail Tatterson	1973-77	1168
10) Kristi Kauffman	1993-96	870
11) Sara Marvel	1983-85	790
12) Diana DeJesus	1982-86	738
13) Vicki Miller	1987-91	733
14) Barb King	1978-82	731
15) Margie Knight	1975-79	704

Career Rebound Leaders

Name	Years played	Rebounds
1) Kim Roth	1991-95	1329
2) Dawn Webb	1985-89	1254
3) Amy Fenzel	1991-96	991
4) Josie Harper	1979-83	914
5) Myra Sturgis	1984-88	839
*6) Gail Tatterson	1973-77	567
7) Cindy Daugherty	1976-80	560
8) Kim Fiedler	1983-87	488
9) Sandy Jankevicius	1986-90	481
10) Terry Neville	1975-78	480

*Rebounds not officially recorded until 1975-76 season.

1997 All-CAC Squad

Ronda Miller, Gallaudet
Cori Carson, Marymount
Jessica Turgon, Marymount
Touria Ouahid, Gallaudet
Jessica Latour, Salisbury State

Salisbury
STATE UNIVERSITY

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